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Your essential daily news | MONDAY, JULY 6, 2015

High 17°C/Low 7°C Partly cloudy



A section of Pandora Avenue East was blocked and homes evacuated Sunday as police raided a home in the 600 block in connection to Friday's bombing at a law office on River Avenue.

SHANE GIBSON/METRO

# Man in custody after bombing injures lawyer

ON ALERT

**First explosion  
followed by  
more bomb  
threats**



**Elisha Dacey**  
Metro | Winnipeg

Winnipeg police have a person of interest in custody after a Winnipeg law firm was bombed Friday, sending one lawyer to hospital.

Winnipeg police said emergency personnel were called to the scene at 252 River Ave., which houses law firm Petersen King, at 10:15 a.m. after reports of an explosion. There, they found a woman critically injured. She was taken to hospital.

Metro Winnipeg first identified her as lawyer Maria Mitousis, 38, confirmed later by police.

Mitousis is the girlfriend of recently disbarred lawyer Barry Gorlick, who was banned from practising law after numerous allegations of professional misconduct

spanning 20 years. Gorlick pled guilty.

At about 12:30 p.m. Friday, the building at 444 St. Mary Ave. downtown was voluntarily evacuated, then fully evacuated around 1:45 p.m. Gorlick's former office at Monk Goodwin LLP is on the eighth floor.

Supt. Danny Smyth told media at about 3:10 p.m. they were at the building as a precaution to make sure no other packages had been delivered there. Smyth confirmed Mitousis was also a former employee at Monk Goodwin.

"We don't consider this to be a threat to the general public or any other businesses at this time."

However, that changed.

Police said they went to a business in East Kildonan Saturday afternoon in the 500 block of Washington Avenue after another suspicious package was found. Police successfully deactivated the device with a water cannon at about 10:40 p.m. although parts of the materials inside did detonate. No one was hurt, but the business suffered extensive damage. Police remained on



**Maria Mitousis, who police confirmed was injured in the bombing.** CONTRIBUTED

scene Sunday.

Saturday night, police took a 49-year-old man into custody. No charges have been laid.

Police were at two locations involved in the investigation Sunday, including a business on Springfield Road and a house on Pandora Avenue. Some homes around the Pandora Avenue residence were evacuated as bomb units from the WPS and the RCMP were brought in.

Smyth said they were able to speak to Mitousis on Saturday, despite her injuries.





## 'Peggers proceed to prove their pure perogy prowess

### COMPETITIVE EATING

**Organizers hope contest becomes an annual event**



**Elisha Dacey**  
Metro | Winnipeg

Think you have what it takes to be Winnipeg's most popular, powerful, prime perogy-eating champion? Here's your chance to prove your prowess.

The (hopefully) first annual Winnipeg Perogy Eating Championship is coming to a Folklorama pavilion near you.

One of the organizers and food-eating-for-sport lover Andrew (Hustler) Paterson said the idea came after speaking with food-eating champions on his radio show.

"One of the things we have talked about endlessly... is competitive eating, and particularly the Fourth of July Hot Dog Eating Contest," said Paterson. "I said on the air... we need to have some sort of eating competition."

Paterson then mentioned perogies as a possibility, and a few minutes later, he had a message from Scott Gordon of the Spirit of Ukraine pavilion, asking him if he really wanted to do it.

The rest is foodie history.

Paterson, who writes a weekly column for Metro Winnipeg, said they're looking for serious

### + DETAILS

**When:** Thursday, Aug. 6

**Where:** The Spirit of Ukraine pavilion

**How to watch:** Buy a Folklorama passport ticket to the pavilion for that night

**How to participate:** Email perogycontestwpg@gmail.com

competitors.

"We're looking to narrow it down to 10 competitors. We're not looking for people that just want to go with their friends as a lark. We're looking for serious, talented competitive eaters."

Paterson said competitors will have to come up with their own training regimen, as he's not sure what the fastest way is to eat as many perogies as possible in seven minutes.

"Seven minutes is a doable time. Major league eating events, like the hot dog event, is 10 minutes.



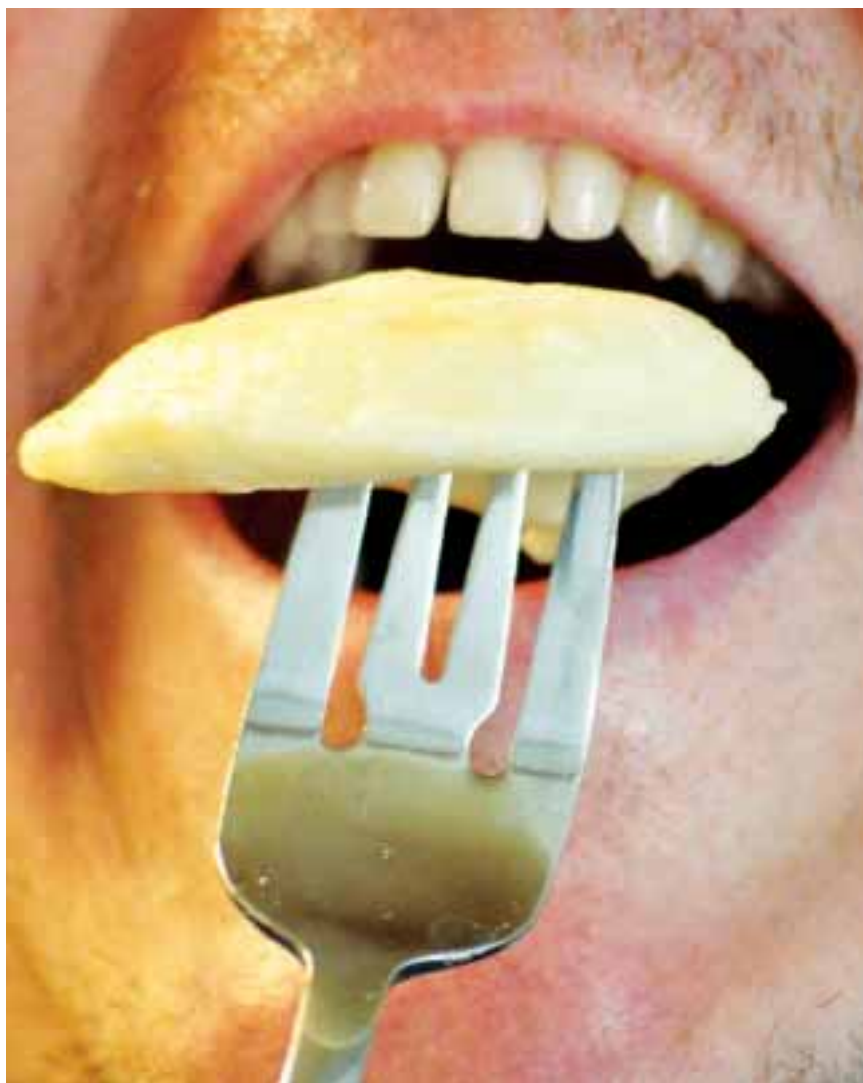
**Seven minutes is a doable time.**

Andrew Paterson

"It's almost like a marathon, the first time you don't run 26 miles, you do a 10 K."

All the perogies are being donated by Ludwick Catering. Prizes for the winner include tickets to AC/DC, restaurant gift certificates, Winnipeg Blue Bomber tickets and more, and prizes for the first and second runner-up.

In 2014, a world perogy eating competition was held in cities across Canada by Smoke's Poutinerie as part of a stunt to promote the chain.



Do you have what it takes to scarf down numerous perogies and win the title? ELISHA DACEY/METRO

### SILOAM MISSION

## Money raised for reno

Manitoba's largest shelter has managed to raise the cash needed to renovate their bathrooms after donors challenged the mission to raise \$15,000 in matching funds.

Mike Beauregard, director of development for Siloam Mission, said a benefactor offered the shelter \$10,000 to go towards their current bathroom upgrades, but said the community would need to match it in 10 days — until July 2.

"The total tab on our wash-room renovations and shower renovations at the shelter will be about \$20,000," said Beauregard. "We need to replace the dividers and the doors in our washrooms, and (replace) our shower doors."

After reading the story, another donor offered up \$5,000 in matching funds during the same time frame.

Donors stepped up to the plate — the shelter raised more than \$47,900 in 10 days.

"Because of donors like you, we raised \$47,919.51, surpassing our goal," reads an email sent to donors Friday. "We are absolutely blown away and deeply touched by your generosity."

The extra money raised will go towards other areas in the shelter that need it, the email said.

The shelter is entering a time of year where donations tend to dwindle but demand stays the same. Beauregard said they're always looking for clean, light clothing, travel-size personal hygiene products, razors and feminine hygiene products.

ELISHA DACEY/METRO

### RETAIL

## Lego Store opens in Polo Park Shopping Centre

Toy lovers know where they'll be spending their next paycheques.

The Lego Store opened at Polo Park Shopping Centre on Friday. The store is located on the upper level between centre court and The Bay, taking over for the Laura Plus store, which is relocating.

"We do a lot of research

on potential markets and go where we think there's a good Lego audience and a lot of Lego fans in the area," explained Lego spokeswoman Amanda Santoro when they first confirmed the store was coming to the 'Peg.

Richard Strifling, one of the co-founders of the Manitoba Lego Users Group said

the news hit him like a ton of bricks when he found out the company was coming.

"We've always wanted to have a store in Winnipeg and we thought that day would never come," he said.

"We've had to make long trips to Lego stores in Minneapolis and Calgary to buy extra pieces," Strifling added. "So it

will be nice to have a connection right in Winnipeg."

Lego currently operates nine retail outlets in B.C., Alberta, Ontario and Quebec, all of which are located in large regional shopping centres.

Stores typically feature large selections of brick sets, play areas, a build-your-own figurine station and a pick-a-

brick wall to buy individual pieces.

Lego's signature plastic bricks were first produced in 1949. In 2014, the company had record-high sales of \$4.4 billion US, which it said were boosted by the popularity of The Lego Movie.

METRO

WITH FILES FROM COLIN FAST



Siloam Mission METRO FILE

## URBAN PLANNING

# Henderson condo unit to go forward



**Dave Baxter**  
Metro | Winnipeg

A group of East Kildonan residents spoke out against a proposed three-story condominium unit at an appeal hearing Friday, but the city decided to let the project move forward.

Residents had a number of concerns about the project on Henderson Highway, including the height of the building, reduced front and side yards, and an 18-spot parking lot, even though 24 spots are the requirement for the area.

Some residents also cited concerns about increased traffic

in the area, and how close the building is to the street.

The proposed unit will be built just north of the Glenelm neighbourhood.

The plan is for the building, that will be built by developer Karl Devlin, to have a 13-foot front yard, and a parking lot behind the building.

Resident Glenn Joynt argued the building does not comply with the area's secondary plan because it doesn't protect the area's single-family character, and said he believes the city could be taken to court if the project moves forward.

Couns. John Orlikow and Mike Pagtakhan rejected Friday's appeal.

## AIR CANADA

# Flight passenger charged with assault

RCMP have charged a woman with assaulting a flight attendant after a plane landed in Winnipeg.

Officers say the Air Canada flight from Ottawa was en route to Vancouver on Wednesday night when it was diverted to Winnipeg.

The flight crew reported that they had to restrain a drunk and violent passenger so the

plane could land safely.

While trying to control the passenger, a male flight attendant suffered minor injuries.

The crew member received medical attention and the plane resumed its flight to Vancouver about two hours later.

Paulette Metuq, 24, of Nunavut faces charges of assault causing bodily harm and mischief. THE CANADIAN PRESS

## IN BRIEF

## Quebec cyclist killed while travelling from B.C.

A cyclist from Quebec who was pedalling from Vancouver to Montreal has been killed in a collision with a semi-trailer truck in Manitoba.

RCMP say the 54-year-old man was travelling with another cyclist when the

accident happened Wednesday morning on the Trans-Canada Highway near MacGregor, about 125 kilometres west of Winnipeg.

The rider, whose name has not been released, died at the scene.

Police say both people were wearing helmets.

THE CANADIAN PRESS



A flag hangs from Dimitris Athanasiou's apartment on Grant Avenue, Sunday. COURTESY DIMITRIS ATHANASIOU

# Winnipeg's Greeks relieved by 'no' vote

## LOCAL REACTION

## Residents say results just the beginning of a long road



**Elisha Dacey**  
Metro | Winnipeg

Members of Winnipeg's local Greek community say they're relieved at the results of a referendum in their homeland.

On Sunday, Greek citizens voted against further austerity measures in exchange for

rescue loans, leaving the country's financial future uncertain.

The heavily indebted nation has seen numerous credit rating downgrades over the past week and banks have closed in an effort to prevent collapse. Locals are currently only allowed to withdraw 60 euros daily and businesses are dealing only in cash, leading to long lineups at ATMs.

Still, Dimitris Athanasiou called the 'no' vote a victory.

"This whole week, we've felt the pressure on the Greek people," said Athanasiou, who moved to Winnipeg about a year and a half ago. "We've felt how they, the Germans, France, how they pressured the

**It shows that Greeks are natural born democrats.**

Dimitris Athanasiou

Greek people to vote against their will.

"This is something great; it shows that Greeks are natural born democrats."

Athanasiou said he's been watching news coverage online and talking with friends and family back home daily.

"With a 26 per cent unemployment rate, with so many

children close to starving, this is really not a celebration," he added. "The next step will be ... for them to realize that Portugal, Italy, Spain, they all have big debt crisis. (The European Union) has to ask for all these countries to cut their debt, re-develop their economies."

West End resident Ioanna Carras, 35, echoed Athanasiou's feelings, but said she knows there's a lot of work ahead.

"Our hearts and prayers are in Greece," she said. "It's hard to watch when you're so far away, but we're hopeful this is the start of better things."

**WORLD COVERAGE**  
Page 5

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# Observers concerned with fixed-date election

## POLITICS

### Change creates a loophole for spending that may be abused

The first fixed-date election in Canadian history is just around the corner, but some observers are raising concerns about overspending because of a law they say is flawed.

When the Conservatives introduced a fixed election date nine years ago, political financing rules were not adjusted accordingly, says Elections Canada boss Marc Mayrand.

"We must not be blind," said Mayrand. "As much as it is easier for Elections Canada to plan for the election, it's just as easy for political parties and third parties" to plan their spending before the election.

Those expenses generally go "beyond the rules outlined in the electoral law," he added.

The Harper government had a chance to close some of those loopholes when it examined the electoral law but opted to leave a "gaping hole," says Thierry Giasson, a political science professor at Université Laval.

"The issue of pre-election spending was raised but the government consciously decided not to dwell on it," said Giasson.

Election campaigns are organized 12 to 18 months in advance, but only expenses incurred during the official campaign period are capped, Giasson said.

A fixed-date election extends



**Chief Electoral Officer Marc Mayrand arrives at a Commons house affairs committee hearing in Ottawa on March 6, 2014. When the Conservatives introduced a fixed election date nine years ago, political financing rules were not adjusted accordingly, says Elections Canada boss Mayrand.** JUSTIN TANG/THE CANADIAN PRESS



**The issue of pre-election spending was raised but the government consciously decided not to dwell on it.**

Thierry Giasson, political science professor at Université Laval

that period considerably — meaning weeks and months of unofficial campaigning not subject to rules, opposition MPs say.

"Pre-election spending is subject to quite significant abuse, with taxpayers' money that is used for government announcements," said Liberal

MP Dominic LeBlanc.

The NDP's Peter Julian said using public funds to "constantly finance a sort of partisan campaign in favour of the Conservative party" is a Harper government "trademark."

The Conservatives were criticized in the spring for trumpeting tax measures not yet

approved by Parliament: the Universal Child Care Benefit.

Cheques are going out to four million families in the days to come and have been the subject of recent Conservative photo-ops featuring cabinet ministers Pierre Poilievre and Steven Blaney.

Conservative MP Maxime Bernier dismissed the notion that events like those are part of a strategy to seduce voters with electoral goodies.

"People are smart," Bernier said. "I think the public knows the difference between pre-election ads to ... try to buy votes and ads that are part of

## + BACKGROUND

### Canada's first fixed-date election: Oct. 19, 2015

This will mark the first fixed-date election in the country's history. Fixed-date elections were introduced by the Conservatives as an amendment to the Elections Act in 2006. PARL.GC.CA

a broader government plan."

Political parties aside, the emergence of third-party groups like Engage Canada and HarperPAC on the political landscape has some observers speculating about an Americanization of the Canadian electoral system.

Others believe Canada is still a long way from that reality.

"Is the political culture changing, and how much of that is actually due to the fixed date?" Mayrand wondered. "That's a little hard to say, but I would say we are still far from the U.S. system."

The Oct. 19 vote will mark the first time a fixed election will have taken place since the Conservatives introduced the measure in 2006. While it was designed to create a level playing field, Giasson said it's clear the party in power still has the upper hand.

Mayrand said he'll make recommendations to Parliament following the general election and will likely tackle the spending issue.

"There might be a way to frame spending, if Parliament considers it useful to do so," he said. "I will probably have proposals on that topic."

THE CANADIAN PRESS

## CENSUS

### StatsCan asks the question

Call it the Mike Duffy question.

When Canadians receive their census questionnaire next year, they'll be asked to fill out the address of their "secondary residence," if they happen to have one and are at that location on census day.

"A secondary residence" could be, "for example, a cottage," the form reads.

It's the same question that Statistics Canada asks every five years: Tell us where you live and whether this is your usual place of residence. The organization says the questions were the same in 2011.

All of which means the agency has a better idea of what constitutes a secondary residence than the Senate does — a question central to the ongoing controversy over housing expenses and the upper chamber.

The census question is meant to ensure respondents aren't counted more than once. Such a mistake, multiplied millions of times over, could throw off population counts that governments and private businesses use when designing programs or planning projects.

It's up to the person filling out the form to determine their "usual place of residence," said spokeswoman Nadine Lacroix.

There are eight senators who are in trouble over their housing claims, including Duffy, Patrick Brazeau and Mac Harb. They and five others were referred to the RCMP after last month's Senate spending audit.

In each case, senators have been accused of not spending enough time at their primary residence, which would make them ineligible for an annual housing allowance.

THE CANADIAN PRESS

## SASK. WILDFIRES

# Military to help fight blazes burning through Saskatchewan

Close to 1,000 military personnel are on their way to help fight wildfires in Saskatchewan.

Duane McKay, commissioner of emergency management with the province, says some of the military are expected to begin deploying as early as Sunday.

Others may take longer to arrive, as McKay notes that additional training may be required.

"They will be completely self-contained and they will augment wildfire operations and so we'll see them on the fire line," McKay said. "Hopefully that will bolster our ability to do two things - to

fight the fires as well as maintain our fire operations over the next 10 to 14 days."

Provincial officials say the amount of land that's burning in Saskatchewan this year is around 10 times what's normal.

Steve Roberts with the wildfire management branch of the environment ministry said over the last five years, 30,000 hectares burn annually in high-priority zones.

He said 300,000 hectares are burning in those zones this year.

The military's help was already anticipated from the Canadian

Forces base in Cold Lake, Alta., when the province announced Saturday that evacuees from La Ronge would head to centres in the neighbouring province.

Premier Brad Wall said Saturday that he'd spoken on the phone earlier that day with Prime Minister Stephen Harper about the possible need for military help, and that Harper had been "accommodating" to such a request when it was officially made.

McKay said municipalities in Saskatchewan were also sending assistance.

The Alberta government said

it was preparing to receive up to 5,000 people from the La Ronge evacuation. Saskatchewan officials said 1,136 had registered and were transported to Cold Lake on Saturday night, while thousands of others were traveling out of the community on their own and would likely stay with friends or family.

Local officials made the call to evacuate La Ronge, as well as the neighbouring community of Air Ronge and the Lac La Ronge Indian Band, when the flames crossed a safety threshold, McKay said. On Sunday, he said

the fire burned on the edge of the airport about five kilometres north of the town.

"There's a large number of folks that are still up there supporting the ongoing operations," McKay said.

Karri Kempf with Saskatchewan's social services ministry said the decision to send the La Ronge evacuees to Alberta was made to ensure there would still be some room left in the Saskatchewan centres housing earlier evacuees from other fires.

"We're noticing now a lot of people moving on their own

into our system who had started out with friends and family and some of those places have been exhausted and they're coming back in and receiving service now," Kempf said.

"We're receiving people at our reception centres and shelters who are returning from vacations," she continued, noting there were other communities where there may be more evacuations.

"We need to maintain some capacity because our numbers will fluctuate within the province." THE CANADIAN PRESS



# Big 'No' to more austerity

## GREEK REFERENDUM

### Nation's future in eurozone uncertain

Greeks overwhelmingly rejected creditors' demands for more austerity in return for rescue loans in a critical referendum Sunday, backing Prime Minister Alexis Tsipras, who insisted the vote would give him a stronger hand to reach a better deal.

Tsipras gambled the future of his five-month-old left-wing government on the vote.

The opposition accused him of jeopardizing the country's membership in the 19-nation eurozone and said a "yes" vote was about keeping the common currency.

With 70 per cent of the votes counted, the "no" side had more than 60 per cent.

Finance Minister Yanis Varoufakis said Sunday that creditors planned from the start to shut down banks to humiliate Greeks and force them to make a statement of contrition for



Supporters of the No vote celebrate after the results of the referendum at Syntagma square in Athens, Sunday. EMILIO MORENATTI/THE ASSOCIATED PRESS

showing that debt and loans are unsustainable.

On Sunday night's result, he said that "'no' is a big 'yes' to democratic Europe. It's a no to the vision of Europe as an in-

finite cage for its people. It is a loud yes to the vision of the Eurozone as a common area of prosperity and social justice."

Thousands of government supporters gathered in central

Athens in celebration, waving Greek flags and chanting "No, No, No."

"We don't want austerity measures anymore, this has been happening for the last five

years and it has driven so many into poverty, we simply can't take any more austerity," said resident Yiannis Gkovesis, 26.

Governing left-wing Syriza party Eurodeputy Dimitris Papadimoulis said that "Greek people are proving they want to remain in Europe" as equal members "and not as a debt colony."

Minister of State Nikos Papas, said on television it would be "wrong to link a 'no' result to an exit from the eurozone. If a 'no' prevails that will help us get a better agreement."

Tsipras' high-stakes brinkmanship with lenders from eurozone countries and the International Monetary Fund resulted in Greece defaulting on its debts this week and shutting down its banks to avoid their collapse. He called the referendum last weekend, giving both sides just a week to campaign.

European officials had urged Greeks to vote against the government's recommendation. The leaders of Germany and France called for an EU summit Tuesday to discuss the situation.

THE ASSOCIATED PRESS

## ROYAL FAMILY

### Milestone for U.K.'s princess

Prince William and his wife, Kate, marked a milestone for their newborn baby Princess Charlotte on Sunday — a christening ceremony on Queen Elizabeth II's country estate that was steeped in royal tradition.

Hundreds of fans outside St. Mary Magdalene Church in Sandringham, a sprawling royal estate near England's eastern coast, cheered as William and Kate arrived with toddler Prince George and nine-week-old Charlotte, who was in a vintage pram.

It was only the second time Britain's newborn princess, who is fourth in line to the throne, has been seen in public since she was born on May 2.

Like her elder brother George, Charlotte was dressed for the occasion in a replica of the intricate lace-and-satin christening gown made for Queen Victoria's eldest daughter, also named Victoria, in 1841. Until 2008, that original gown had been worn by all royal babies — including the queen — at their christenings.

Following royal tradition, holy water from the River Jordan, where it is said Jesus was baptized by John the Baptist, was used for the baptism.

The 16th-century church, close to William and Kate's country house Anmer Hall, is where the royal family traditionally gathers for Christmas service. It is also where Charlotte's late grandmother, Princess Diana, was christened in 1961. THE ASSOCIATED PRESS

## FIVE CONTRIBUTING FACTORS TO GREECE'S DEBT CRISIS

**The credit binge:** Greece has engaged in a credit binge since the early 1980s, spending the money on plush government jobs for supporters of the two major political parties, driving up wages and making Greece a costly place to do business. It also looked the other way on widespread tax evasion.

**The euro:** Despite its rickety finances, Greece shaped up a little for a few years and qualified to join the eurozone in 2001, but it promptly went back to its old ways.

**Low interest:** The euro fueled the debt binge. Banks bought Greek bonds in euros while Greece borrowed

at ridiculously low rates. After the financial crisis of 2009 made investors wary of risk, Greece revealed its deficit was far higher than thought and its finances out of control. Borrowing costs shot up. It couldn't pay.

**Austerity:** Greece got a 110-billion-euro bailout in

2010 from eurozone countries and the International Monetary Fund. Creditors attached tough conditions to cut spending and deficits, and to tackle the rampant bureaucracy and corruption, but the cuts undermined growth. Unemployment soared. Misery multiplied.

### Handcuffed by the euro:

With its own currency, Greece could have defaulted on its debts and devalued, quickly erasing its international cost problem, and moved on within a few years. Cutting wages and prices is tougher and takes longer. Thus, the euro prolonged the agony. THE ASSOCIATED PRESS

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# 'Candy Bomber' strikes again

UTAH

## Veteran drops candy from airplane as he did in Berlin

A pilot who delivered candy to children in Berlin at the end of the Second World War parachuted sweets down to Orem, Utah to celebrate Independence Day.

Gail Halvorsen, 94, also known as the "Candy Bomber," dropped 1,000 chocolate bars attached to tiny parachutes at Scera Park on Friday. He flew over the area three times before releasing the cargo into the hands of the children below.

Deb Jackson, co-chairwoman of the event, estimated more than 50,000 people stood in 100-degree Fahrenheit (38 Celsius) temperatures to watch the 4 p.m. drop.

Halvorsen flew in a fixed-wing bomber from the Second World War, with two escort planes attending, the Daily Herald of Provo reported.



Kids run to collect candy dropped by Gail Halvorsen, known as the "Candy Bomber," from a plane Friday in Orem, Utah.

SPENSER HEAPS/THE DAILY HERALD VIA THE ASSOCIATED PRESS

Earlier in the day, Halvorsen spoke to the crowd at the Freedom Festival naturalization ceremony. He spoke about the importance of service and kind-

ness.

"The Dead Sea is dead because it wraps its arms around all of the fresh water of the Jordan and gives out nothing.

In your community, there are Dead Sea souls who do the same," he said.

Some of the children in attendance already knew of

Halvorsen's history as the "Candy Bomber." Drew Reynolds, 9, said she learned in school about Halvorsen and the candy drops.



Gail Halvorsen

SAMMY JO HESTER/THE DAILY HERALD VIA THE ASSOCIATED PRESS

"When he saw all the kids that were starving, he only had a piece of gum. He wished he could have more for the kids so he started dropping parachutes with candy," she said.

Halvorsen, a Salt Lake City native, grew up as a farm boy in Utah and Idaho before earning his private pilot's licence in 1941.

He joined the Civil Air Patrol and later the United States Army Air Corps in 1942. During the Second World War, he was assigned to fly transport operations in the South Atlantic Theatre. THE ASSOCIATED PRESS

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- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material
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- 3+ years design experience within a media environment

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All submissions will be treated as confidential.

**metr**

## COMPETITIVE EATING

# 'Jaws' Chestnut dethroned

Matt Stonie shocked the competitive eating world Saturday by upsetting Joey "Jaws" Chestnut at the Fourth of July hot dog eating contest at Nathan's Famous in Coney Island, breaking Chestnut's bid for a ninth straight victory.

Stonie, 23, who finished second last year, downed 62 hot dogs and buns, beating Chestnut by two. Both are from San Jose, Calif.

As thousands of spectators observed the eaters, who were on an elevated stage, the next closest competitor ate 35 hot dogs.

"I trained hard for this. This is actually amazing," Stonie told ESPN, which broadcast the competition live like the major sporting event its biggest fans say it has become.

Afterward, Stonie, holding his fist in the air in victory, said



Matt Stonie gestures after his victory Saturday. TINA FINEBERG/THE ASSOCIATED PRESS

he came into the competition confident and prepared in his quest for the \$10,000 prize and

the coveted mustard yellow winner's championship belt.

"We don't just go up there and eat hot dogs. We practise for this. We prepare our bodies," Stonie said. "It was a tough contest. Joey brings it all. I had to push really hard to beat him. But I feel great."

Stonie had defeated Chestnut in the past year in competitions featuring Twinkies, poutine, pumpkin pie and gyros.

Chestnut, smiling in defeat, said he was slow and couldn't catch Stonie, who entered the match weighing just 125 pounds (57 kilograms) to Chestnut's 230 pounds (104 kilograms).

"I've been looking for competition for a long time and I finally have it," he said, vowing to return next year. "He made me hungry." THE ASSOCIATED PRESS

## IN BRIEF

### Israel tightens rules on religious conversion

Israel's Cabinet has reversed an initiative aimed at easing the conversion process to Judaism in Israel.

Sunday's move tightens the grip of ultra-Orthodox parties over religious issues in Israel and rolls

back reforms made by the previous government.

THE ASSOCIATED PRESS

### Gaza lions headed to Jordan wildlife sanctuary

Two young lions stranded in Gaza for the weekend have left the territory ruled by the militant group Hamas and are en route

to a wildlife sanctuary in Jordan.

A Gaza family bought the lions when they were cubs from a local zoo that was damaged in last year's war between Hamas and Israel. The family kept Mona and Max in their small home in a crowded refugee camp.

THE ASSOCIATED PRESS



# Shooting brings flag low

## CONFEDERATE FLAG DEBATE

### Charleston massacre made governor reconsider

For five years, Gov. Nikki Haley, South Carolina's first minority governor, dismissed calls to remove the Confederate battle flag from the Statehouse lawn as a divisive issue far from her agenda.

In her 2010 campaign, Haley said the two-thirds legislative approval required to move the flag from its 10-metre perch was too high a hurdle to allow for real debate. When her re-election opponent called last fall for the flag to be removed, she branded it a desperate stunt.

None of that mattered, she said, after nine people were killed last month at a black church in Charleston, including its pastor, State Sen. Clementa Pinckney, in a crime she called "pure hate."

When Haley arrived at the church, she found strangers hugging and weeping, and the



South Carolina Gov. Nikki Haley said that the Confederate flag should come down from the grounds of the state capitol, reversing her position on the divisive symbol amid growing calls for it to be removed. TIM DOMINICK/THE STATE VIA THE ASSOCIATED PRESS FILE

grief was overwhelming.

At the June 19 bond hearing for suspected shooter Dylann Roof, the victims' families offered him forgiveness. That night, Haley said, she made a decision.

"That flag needed to come down," she told The Associated

**"I could not look my kids in the face and justify that flag anymore."**

Governor Nikki Haley

Press in an emotional interview Wednesday. "I could not look my kids in the face and justify that flag anymore."

The surfacing of a website showing Roof holding Confederate flags alongside a racist manifesto deepened her resolve, she said. The Confederate

battle flag originally was flown by forces of the secessionist, pro-slavery southern states in the 1861-65 American Civil War in which the first shots were fired at Fort Sumter in Charleston Harbor.

"I could not have been more disgusted," she said. "The flag didn't kill those families, but let's honour every person in South Carolina so no one drives by this Statehouse and feels pain."

But Haley said nothing publicly for several more days, waiting as calls for the flag's removal built, even among her fellow Republicans.

Before her announcement June 22, she met with legislators and community leaders, including Lonnie Randolph, president of South Carolina's chapter of the NAACP civil rights group, which has long fought to remove the flag.

Randolph said Haley had little choice. With the world watching, he said, "There was nowhere else to go."

She then publicly called on legislators to send the battle flag to a museum.

THE ASSOCIATED PRESS

## MASS INJURIES

### Deck collapse under scrutiny

Investigators are trying to determine what caused a deck to collapse as a family was taking a group photo at their rented beach house in North Carolina.

The collapse Saturday evening sent 23 people to the hospital, authorities said. The 17 people brought to Carteret General Hospital were all released by Sunday, hospital spokeswoman Michelle Lee said. She didn't know the condition of the six other people sent from her hospital to other medical facilities.

"The family was on the deck preparing to take a family photo when the event occurred," the police statement said.

The house on Ocean Drive is a six-bedroom, five-bath oceanfront home with an elevator currently up for sale for nearly \$1.15 million. It also is rented through Bluewater Real Estate. THE ASSOCIATED PRESS

## LEGAL PRECEDENTS

### Social media sites uncharted waters for bankruptcy court

A Texas man used social media to promote his gun store, posting politically charged messages that criticized the president and promoted Second Amendment rights.

But after losing ownership of his suburban Houston store in bankruptcy, Jeremy Alcede spent nearly seven weeks in jail for refusing a federal judge's order to share with the new owner the passwords of the business' Facebook and Twitter accounts, which the judge had declared property.

"It's all about silencing my voice," said Alcede, who was released in May after turning over the information. "... Any three-year-old can look at this and tell this is my Facebook account and not the company's."

Alcede's ultimately failed stand charts new territory in awarding property in bankruptcy proceedings and points to the growing importance of social media accounts as business assets. Legal experts say it also provides a lesson for all business owners who are active on



Jeremy Alcede

PAT SULLIVAN/THE ASSOCIATED PRESS

social media.

"If your business is something you feel very passionately about, it can be hard to separate those things," said Benjamin Stewart, a Dallas-based bankruptcy lawyer. "The moral for people is you have to keep your personal life separate from your business life."

U.S. Bankruptcy Judge Jeff Bohm, who handled Alcede's case, acknowledged "the land-

scape of social media is yet mostly uncharted in bankruptcy," and cited a 2011 New York bankruptcy court case that treated such accounts like subscriber lists, which "provide valuable access to customers and potential customers."

Other cases in the U.S. and abroad have touched on similar issues. In 2012, a South Carolina Internet company settled a lawsuit filed against a former employee it had said cost them thousands of dollars in lost business when he took 17,000 Twitter followers with him. A Pennsylvania federal court in 2013 ruled in favour of a woman who had sued after her former employer took over her LinkedIn account following her firing.

That same year, a British court approved a company's request to temporarily stop a group of ex-employees from using the firm's LinkedIn contacts to start a rival business. The employees claimed the LinkedIn accounts and contacts were personal.

"You have to strike a balance between making sure people respect the court's authority and giving people the right to make their own decision and accept the consequences if that is the way they want to go," Stewart said.

THE ASSOCIATED PRESS

**"The moral for people is you have to keep your personal life separate from your business life."**

Benjamin Stewart

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# U.S. trading pits go silent

## TECHNOLOGY

### New systems force closure of futures floors in Chicago, N.Y.C.

Pete Meegan had every intention of going back to college, but then he got a summer job in the Chicago trading pits and fell in love with the “roar” of the floor, the excitement of “4,000 people yelling, ‘Buy! Buy! Buy!’” and decided there would be no more classrooms for him.

That roar will soon go silent. On Monday, most futures pits in Chicago and New York City, where frenzied buying and selling once helped set prices on cattle and corn, gold and dozens of other commodities, are expected to close for good. Traders yelled and shoved and flashed hand signals, just as they did in the movie *Trading Places*. But now the computer — faster, cheaper and not nearly as noisy — has taken over.

It will be a sad day for Meegan, still in the pits 34 years after dropping out of college,



**Clerks shout in the Euro Dollar Futures pit at the Chicago Mercantile Exchange in this September 2003 file photo. Most pits in Chicago and New York City where traders bet on future prices of major commodities are expected to close for good today.** ANNE RYAN/THE ASSOCIATED PRESS FILE

donning a trading jacket and mustering the courage to tell his dad.

“I thought he was gonna kill me, but he was like, ‘I don’t care if you pick up garbage or

you’re a dog groomer. If you are happy doing what you are doing, you’re ahead of 99 per cent of the people in the world,” recalls Meegan, now 54.

Dan Grant, 53, traces his love

affair with the pits to a \$150-a-week job as a “runner” ferrying messages between clerks taking phone orders from customers and brokers executing them.

Six years into his career, on

Oct. 19, 1987, stocks were plunging around the world and he was a clerk taking orders from the head traders at Chemical Bank and Drexel Burnham Lambert desperate to buy anything to protect themselves. Grant still marvels that at just 24, with no college degree, he wielded such power in the crash, later known as Black Monday.

“They were buying Treasuries and currencies, and watching their stock portfolios go to zero,” he recalls. “It was a lot of fun.”

Not all futures pits are going away. In its February announcement about the closings, the owner of the exchanges said the pits where Standard and Poor’s 500 stock futures and options on futures are traded will remain open.

Floor trading of stocks on the New York Stock Exchange, which is owned by a different company, won’t end, either.

Grant, the runner turned clerk who now oversees his own trading firm, says he mourns the loss of the kind of entry-level positions that gave kids without much education a chance to prove themselves, just as he did.

THE ASSOCIATED PRESS

## IN BRIEF

### Chinese factory collapses

A shoe factory collapsed in eastern China during a weekend shift, killing at least nine people and injuring more than 30, officials said Sunday. Nine people escaped the collapse Saturday afternoon in the Zhejiang province city of Wenling. Rescuers pulled 42 people from the rubble and sent them to a hospital where nine of them died, the Wenling city government said on its microblog. The cause of the accident is still under investigation.

THE ASSOCIATED PRESS

### Market free fall in China delays public offerings

More than two dozen companies in China are postponing initial public offerings and security companies are pledging more than \$19 billion for a fund to stabilize the country’s stock market. The Chinese stock market has been in free fall for three weeks, losing 28 per cent of its value since June 12. The drop has wiped out trillions of dollars in market value in only a few short weeks.

THE ASSOCIATED PRESS

## TECHNOLOGY

# Cheque-printing company keeps pace in an ever-changing world

Ten years ago, Toronto-based DH Corp. made virtually all of its money by printing cheques.

But over the past decade, the company once known as Davis + Henderson Corp (DH), has transformed itself into a technology business serving financial institutions, with cheques now comprising only 20 per cent of its revenue.

“It’s long been predicted that cheque usage will decline,” Duncan Hannay, president of the company’s Canadian division, said in an interview.

“I think that was the thing that really prompted the company to look at its future and assess how it could better position itself with its banking clients — both in Canada and potentially globally, to diversify its revenue.”

With the emergence of new digital forms of payment such as email money transfers, use of paper cheques has been steadily on the decline, shrinking by roughly five per cent a year, according to the Canadian Bankers Association.

While personal cheques have

been losing their popularity by high single-digit percentages annually, business cheques have fared somewhat better.

“Canadian business still depends on cheques to a great extent,” Hannay said. “It’s highly integrated into their workflows, so the decline of cheques in busi-

ness is not nearly what it is on the consumer side.”

The declining popularity of cheques has caused DH to shift gears, expanding into new lines of business such as digital payments and providing technologies that banks use to make loans. In fact, the company’s

lending segment now makes up more than 40 per cent of its revenue.

In March, DH acquired New York based global payment services firm Fundtech for \$1.25 billion, a deal that will help broaden its customer base in the U.S.

Meanwhile, Hannay says predictions about the death of the cheque have been somewhat overblown.

“The cheque has not declined at nearly the pace that was predicted.”

In fact, Hannay says there is

some opportunity for DH to grow its cheque business. Although the dominant player in Canada’s personal cheques market, DH’s overall market share is roughly half.

“Given that we only have a 50 per cent share of the business cheque, and that’s our most profitable cheque segment, there is an opportunity for us to grow,” he said, adding he predicts paper cheques will be around for the next decade or so. “Beyond that, inevitably, electronic forms of payment will dominate.”

THE CANADIAN PRESS

**“The cheque has not declined at nearly the pace that was predicted.”**

Duncan Hannay, president of DH’s Canadian branch

## ONTARIO

# Judge sides with Uber in legal dispute with City of Toronto

An Ontario judge has sided with the ride-hailing service Uber in its legal dispute with the City of Toronto.

The city sought a permanent injunction on the company’s operations, arguing Uber is a taxi company and must abide by the city’s regulations.

But Superior Court Judge Sean Dunphy dismissed the application, saying there is “no evidence” the company is operating as a taxi broker or that it breached city bylaws.

In his decision, Dunphy said the city’s definition of a taxi brokerage as any service that connects passengers and drivers is too broad.

Such a definition “would capture any telephone carrier since they are in the business of connecting calls and some of the calls they connect are certainly to request a taxicab or limousine transportation,” he said.

Uber offers passengers various services through its online app, from taxi and limousine rides

to rides with ordinary drivers.

The company has always argued it is a communications service that connects passengers and drivers, and thus isn’t subject to the city’s bylaws. Uber says it is pleased by the ruling.

“Today’s outcome is a great win for the 5,000 drivers who need this flexible earning opportunity to make a living, and the 300,000 riders who rely on them,” Ian Black, general manager for Uber Canada, said in a statement. THE CANADIAN PRESS

## VANCOUVER

# B.C. firm awarded contract to build new coast guard vessels

A Vancouver-area company has won a \$7.6-million federal contract to supply 27 vessels to the Canadian Coast Guard, prompting the national revenue minister to defend the government’s record on west coast marine safety.

Kerry-Lynne Findlay said Zodiac Hurricane Technologies Inc. of Delta, B.C., will construct 18 station-based and nine ship-based inshore-rescue boats that will be used across Canada.

The federal government has

been criticized for its 2013 closure of a coast guard station on Vancouver’s waterfront, with critics saying that delayed a response to a spill of 2,700 litres of fuel into English Bay in April.

“We have invested the most of any Canadian government in history in our coast guard assets,” Findlay said Friday. “We take it very seriously, and I know the coast guard personnel are the most professional men and women in the world.”

Fisheries and Oceans Canada

said the vessels will be part of a fleet for search-and-rescue operations and conservation efforts.

The department said in a statement that work on the boats will begin within the next month and will be finished by March 2017.

Five of the vessels will be deployed in B.C., it said, noting boats will go to the coast guard ships Sir Wilfrid Laurier and John P. Tully, as well as stations in Bella Bella, Sandspit and a training school in Bamfield.

THE CANADIAN PRESS

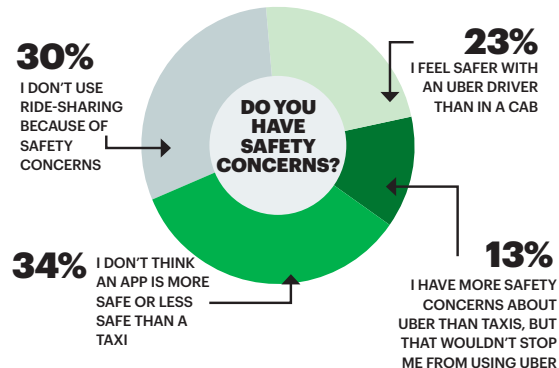
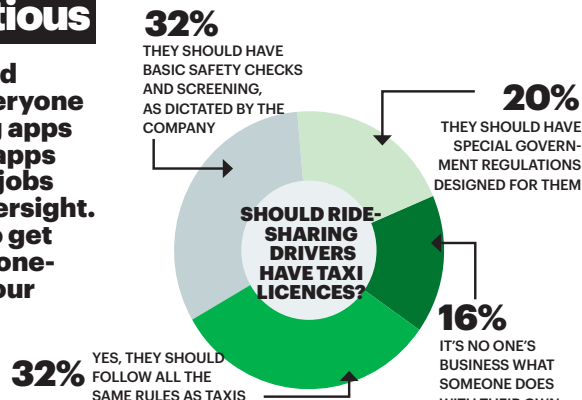
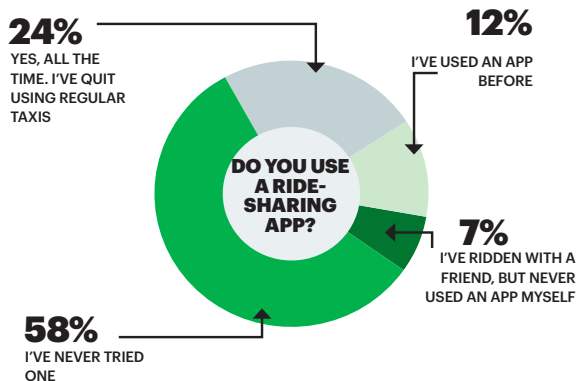




## THE BIG POLL: Uber-contentious

**It's dominating headlines, street protests and taxicab conversations across the nation: Everyone seems to have an opinion about ride-sharing apps like Uber and Lyft. For traditionalists, these apps are replacing taxi drivers' well-paid, secure jobs with unlicensed casual workers and little oversight. To others, it's a cheap and convenient way to get around — and a sign that the future smartphone-based retail economy is en route. We asked our online readers where they stand.**

Visit [metronews.ca](http://metronews.ca) every Friday morning to answer The Big Poll and have your say.



## ROSEMARY WESTWOOD

metroview

### Some days, I don't believe victory over sexism is possible

Question: How many reports does it take to end sexism?

Answer: Infinite. Or: None.

Since the report on sexism at Dalhousie's dentistry program was released last week, observers have noted — just as they did after the report on sexism in the military came out earlier this year — that no campus or government department is an island. Our broader culture is, at root, to blame.

And it's true.

The Dalhousie report, which stemmed from the revelation of a very rapey Facebook page run by male students — found the school “permits incidents of sexism, misogyny, homophobia and racism.”

Dalhousie, of course, isn't alone. Last week, a York University student filed a human-rights complaint against that school for its allegedly lackadaisical response when she told them she'd been raped by a fellow student.

“The (Facebook page) ‘Class of DDS 2015 Gentlemen’ did not exist in a vacuum,” the Dalhousie report notes in its section on “Society,” under the heading “Why did this happen?”

If that sounds like a cop-out by the report's authors, partly, it is. It's an admission of the obvious: that reports can't solve sexism, as much as they may attempt to do their part. They can't even force change

unless they're turned into action (the Dalhousie recommendations don't even include new rules at the school: It already has sufficient ones in place).

In fact, they're most successful as litmus tests. We're at a point on the sexism scale, they indicate, where the ultimate, implicit goal is a world free from prejudice. We've made improvements, we then tell ourselves. Maybe, with these reports, we can make more.

And maybe, a lot won't change. The Dalhousie Facebook page, with its comments about using nitrous oxide on women and “hate f-king” them, carries the same message as was scrawled across Queen's University in 1989. At the time, as This Magazine reported, signs such as “No” means “Kick her in the teeth,” “No” means “more beer” and “No” means “Down on your knees, b-tch” were posted in response to a “No” means “No” campaign against date rape.

Some days, and this is one of them, I don't believe victory over sexism is possible. I don't believe reports will do much to help. I don't feel like doing the womanly thing and being grateful for how far we've come, or hopeful for the future. I'm not even angry.

I drink my coffee, and do my job, and think that's just the society we will always live in.

## One weird trick to get \$250k without working

### INSIDE THE PERIMETER

Shannon VanRaes



It's official — I'm working way too hard.

Because apparently, working isn't a prerequisite for earning a paycheck in this city, at least not if you're a civic official and your name is Phil Sheegl.

Imagine this: You don't go into city hall, there is no office work, no phone calls or emails and somehow you get a cheque for \$250,000.

Or maybe it was several smaller cheques. We don't know, because Mayor Brian Bowman isn't offering Winnipeggers an explanation.

What we do know is that Sheegl quit his job as Winnipeg's Chief Administrative Officer in October 2013, shortly

before an audit was released on the still unresolved fire hall land-swap deal, now under investigation by the RCMP.

And yet — despite having quit his job — Sheegl miraculously earned a quarter of a million dollars in 2014, more than the \$235,000 he was paid in 2013.

Was it severance? You know, for a job well done?

Well, we don't know that, either. Because no one is commenting on the city's compensation disclosure, released Tuesday.

But the issue goes far deeper than one Old Boy being given copious stacks of taxpayers' dollars on his way out the door.

As appalling as Sheegl's golden parachute is, the mayor's complete lack of transparency since taking office last year is far more problematic.

Bowman went into the

2014 election buoyed by social media, selfies and promises of greater accountability. He sold voters on the idea of an open city hall, one where information was public and easy to access. Only that vision has yet to be realized; in fact, the mayor is moving in the opposite direction.

The man who called a plan to raise severance pay for councillors “deeply offensive” while on the campaign trail is now offering no explanation for why the city paid hundreds of thousands of dollars to a past employee. To be frank, it stings. A lot.

Bowman has only been in office for eight months and already, the unanswered questions are piling up as he continues to avoid taking responsibility by giving the public the answers they deserve. There are numerous audits needing attention, and Winni-

**Was it severance? Was it for a job well done? We don't know. Because no one is commenting.**

peggers still don't know why acting chief administrative officer Deepak Joshi — who replaced Sheegl — was dismissed, either. Keeping mum on Sheegl's severance just adds insult to injury.

And to quote something Mayor Bowman once said about cagey behaviour at city hall, that's “not cool.”

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs.

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JAMES BALDWIN





## Karl's kitty caught up in fur pas

### LUXURY FASHION

#### Ex sex kitten asks chic cat to purr-suade her owner to quit furring around

With fashionistas baking in a mascara-melting heat wave and Italy's Fendi set to raise hackles with an all-fur collection, Paris Fashion Week, which opened Sunday, may prove a tad too haute to handle.

High-fashion designers will unveil their autumn and winter collections over five days in Paris that will kick off with shows by Russian couturier Ulyana Sergeenko and Dutch designer Ilja Visser.

But the highlight of the extravaganza will be German fashion legend Karl Lagerfeld's collection celebrating his 50 years working for Fendi, hailed as the "longest relationship between a designer and a fashion house."

The show on Wednesday will be entirely "haute fourrure" or, couture fur — a material the luxury fashion brand has never shied away from.

French film icon and passionate animal activist Brigitte Bardot has already shown her disapproval by writing a letter to Choupette Lagerfeld, the designer's pampered feline companion.

Bardot appealed to the cat



— who has become famous with 48,000 Twitter followers — to "purr in the ear" of her master and save her "furry friends."

But even Choupette, whose every whim is catered to, is unlikely to stop the show.

Lagerfeld has often said that while he is very sympathetic to the anti-fur cause, doing away with the industry

would cause a lot of people to lose their jobs.

"For me, as long as people eat meat and wear leather, I don't get the message," he told the New York Times in a recent interview, adding however that he preferred not to think about how the animals died.

The indefatigable Lagerfeld, 81, will also be presenting his collection for Chanel, the fashion house that is perhaps the most synonymous with Paris's reputation for



glamour and known for spectacular staging.

In total some 30 designers will present the Haute Couture shows seen only in the City of Light.

The designation is protected by French law and attributed exclusively by the ministry of industry to 14 houses whose high-end clothes are entirely made by hand and

tailored to each client.

On Monday the glitterati will be glued to the show by Schiaparelli as French designer Bertrand Guyon makes his debut as style director for the legendary house.

Founded in 1930 by Elsa Schiaparelli, Coco Chanel's biggest rival, the house made its couture comeback in January 2014 after lying dormant for 60 years.

On Wednesday John Galiano will put on his second couture show for Margiela in Paris, after choosing to present his comeback collection in London in January — seen as a snub to the French capital where he fell from grace.

Galliano lost his job as Dior's star designer in 2011 when he was filmed in a Paris bar making slurred insults against Jews, and disappeared from the runway for several years.

This time it is Valentino who will be missing from the Paris couture diary, having chosen to show his collection on Thursday in Rome as he celebrates the opening of his largest store in the world. AFP

**Karl Lagerfeld, his pet cat Choupette and four fur purse charms from his collection, celebrating 50 years with Fendi.** PHOTOS: GETTY, INSTAGRAM, FENDI.COM

## Nourish work contacts

### NETWORKING

#### Build on the momentum of those first introductions

### OFFICE RELATIONS

Eleni Deacon



You click with a new contact at a professional event. You work in similar fields and seem to be on the same wavelength. Cards are exchanged. Later that week, you add each other on LinkedIn. Then you never speak again.

Sound familiar? Networking can be nerve-racking: not only do you have to figure out what to say to a stranger, you don't want to seem phoney or needy. But while that first introduction might appear daunting, it's a small hurdle compared to what's next. Because the trickiest aspect of networking isn't making new contacts — it's maintaining them.

To keep connections from crumbling, practise consistency. Effective networking doesn't



**Keeping in touch with professional contacts will keep you on their radar.** ISTOCK

mean sending a surge of emails when you start looking for a job. It should be a steady habit throughout your career. Rather than thinking of contacts as names on a scorecard, think of them as genuine relationships that evolve over time. The first

step to playing the networking long game: Stop thinking of it as a game.

Lasting affiliations require regular communication. In the weeks after you meet, send a targeted but casual email — then repeat the process periodically. Your notes could include links to cool articles, followup questions about their work, or anecdotes relevant to your previous conversations. The goal is not to immediately ask for a recommendation or favour — it's to develop a rapport. Reach out routinely, and they'll do the same when pertinent opportunities become available.

In-person catch-ups will also strengthen your ties. The time commitment doesn't have to

be huge: a quick lunch or coffee every six months to a year will be enough to upgrade your connection from distant acquaintance to friendly associate. No time to make things personal? Social media, when used thoughtfully, can keep your network fresh. You won't become besties, but simply liking Facebook statuses or favouriting tweets will ensure you're on their radar when gigs arise.

Networking isn't just about

getting perks — it's also about giving them. One of the most effective ways to encourage someone else to help you is to help them first. Introducing a new contact to others in your sphere, offering expertise, or providing a quality service will demonstrate that you're not solely invested in your own advancement — you're also investing in them. The payoff may not be immediate, but chances are they'll return the favour at some point in your career.

Many people "hate" networking, but that's because they hate what networking shouldn't be: a schmooze. Show sincere interest in the people you meet, and they'll keep your best interest in mind.



**The goal of networking is to develop a rapport**



# Rise of the cord cutters

## CBC REPORT

### Canadians snub traditional TV, find new ways to watch shows

A growing number of Canadians are ditching their traditional television subscriptions, according to a new CBC research report.

The May 2015 report said more than half of Canadians currently without cable television have “cut the cord,” meaning they had a television subscription and cancelled it.

“With the prevalence of TV content on the Internet and Netflix, Canadians are seeing less need to have a TV subscription,” the report said.

Sixteen per cent of Canadians don’t pay for a traditional TV service, up from 12 per cent three years ago, the report said.

“We consider it a big jump,” said Mark Allen, senior director of corporate research at CBC/Radio-Canada in Ottawa. “People have realized that if they’re a light TV viewer, they can get what they need on the Internet.”

Allen said cord cutters are finding other ways to watch their favourite shows and some believe they were paying too much for television.

Marjie Lynn was looking for



**Sixteen per cent of Canadians don’t pay for a traditional TV service. Of those currently without cable television, more than half had a television subscription and cancelled it, known as “cutting the cord.”** ISTOCK

ways to save money when she decided to cut ties with her television provider.

“We’re the average Nova Scotian family, living paycheck to paycheck to paycheck and ... you look at things that you can do, and one of those was cutting off cable,” said the educational

assistant in a recent interview from Hantsport, N.S.

“With the wonders of Netflix and online streaming ... you can basically achieve all the TV watching that you want.”

The report also said a fifth of television subscribers were interested in cutting the cord,

with a third already having taken steps towards that end.

Allen said whether or not the number of cord cutters continues to rise will depend on how much choice Canadians have in the future to watch television online and the success of the CRTC’s “pick-and-pay” and

“skinny package” rules for television providers, which become mandatory in December 2016.

“Up until this point, cord cutters have been light TV viewers,” said Allen. “But there are a lot of new over-the-top services that are making it easier for people, like Netflix and in

the U.S. there are things like HBONow.

“It will depend on how the over-the-top options roll out and whether they are available to Canadians.”

The report also shows a divide among anglophones and francophones, said Allen.



**With the wonders of Netflix and online streaming ... you can basically achieve all the TV watching that you want.**

Marjie Lynn of Hantsport, N.S., who cut ties with her television provider

Twenty-three per cent of anglophones said they were likely to cut the cord eventually, compared to 14 per cent of francophones.

“Quebecers have had access to pick-and-pay for almost a decade, and we haven’t seen the same amount of cord cutting,” said Allen. “That could be a contributing factor.”

The report is based on phone and online surveys conducted in the fall of 2014 with more than 8,000 people across Canada. THE CANADIAN PRESS

## DEBT

# Student loans: When it pays off to pay it off ASAP



**Kyle Prevost**  
youngandthrifty.ca

Some “money gurus” tell you the key to financial success is to pay off all your debts as soon as possible, while others preach that it’s compound interest and investing for the future that will set you free. It may be common sense to pay off high-interest debt like that found on your credit card balance, but things get a little bit grey when looking at student loan debt.

According to the Canadian Federation of Students, the average student that graduates with student debt is now \$27,000 in the red when they don the iconic cap and gown. In a job market where young folks are having trouble launching their careers, that number can cause intense anxiety.

In order to better understand how this decision pertains to you, the first thing you need to know is that the generic term

“student loan” actually refers to two separate loans — your provincial student loan and federal student loan (it can also apply to private student loans).

The reason this distinction is so important is that those two loans will get treated differently after you leave post-secondary education. Your province sets the interest rate for the provincial part of the loan and the Canadian government is responsible for the interest rate on the federal share.

For example, in my home province of Manitoba it was recently announced that there would no longer be any interest charged on provincial student loans, while the federal government still requires you to pay a rate of prime plus 2.5 per cent or prime plus 5 per cent if you want to lock in your current rate.

This difference in interest rates might not seem like a big deal, but it can take hundreds or even thousands of dollars out of your pocket.

## \$ LOANS 101

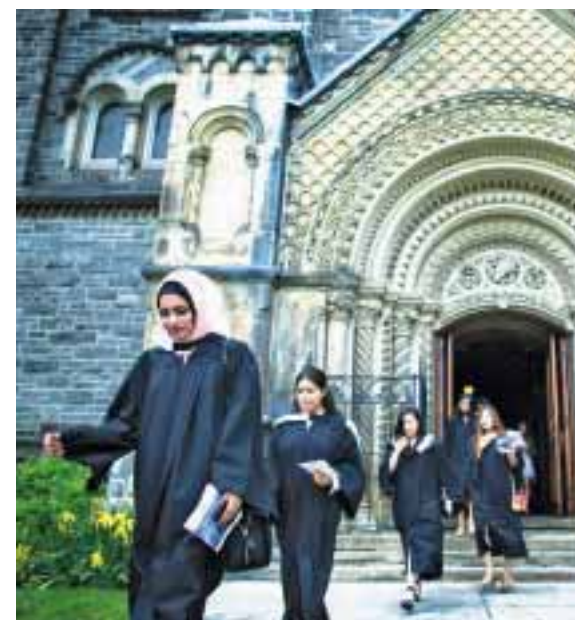
- Government student loans consist of two parts — federal and provincial.
- Private student loans come from your bank or credit union. They often have higher interest rates and are not eligible for tax credits.
- Figuring out your “real” rate of interest means factoring in your provincial interest rate, federal interest rate, and relevant tax credits.
- Are you comfortable with investing? If the answer is no, then keep it simple and pay off the debt.

While I would rather invest my money than pay off a “free” Manitoba student loan, the choice isn’t so clear when looking at the common current federal student loan rate of 5.35 per cent.

While that student loan interest will generate a tax credit, (basically generating a “real rate” of 4.55 per cent), you still can’t go wrong paying off that sort of debt. Private student loans accessed through your bank or credit union often have higher interest rates and have no accompanying tax credit, so they’re even more attractive options for early payment.

Ultimately, the purely mathematical side of the argument shows that if you understand how to invest your money and want to look at the long term, you are pretty likely to come out ahead if you were to invest any extra cash instead of paying down your student loan early. We don’t live in a mathematical vacuum though, and if the weight of your student loan is causing you to lose sleep at night, then pay off the portion of your loan with the highest interest rate and rest easy.

Kyle Prevost is a personal finance writer helping people save and invest at YoungandThrifty.ca.



**Recent Canadian figures show that the average student graduating with student debt is now \$27,000 in the red when they finish school.** TORSTAR NEWS SERVICE FILE



## CAREERS

## Baltimore Ravens football star also a mathlete

**Raquel Laneri**  
Metro | New York City

John Urschel is best known as an offensive lineman for the Baltimore Ravens. But he's also a mathematician whiz who has published academic papers (his latest: A Cascadic Multigrid Algorithm for Computing the Fiedler Vector of Graph Laplacians), taught college calculus (at alma mater Penn State) and presented research to the NSA.

In addition to teaching during the off-season, Urschel is now partnering with new startup Persado, figuring out how to use math to generate compelling ad copy. (So, he can add Don Draper 2.0 to his résumé, too.)

We caught up with the mathlete and asked him why it's important for football players to know their times tables.

**You are a football player and a mathematician. Most people can grasp the**



Baltimore Raven John Urschel #64 is a mathematics whiz. RONALD MARTINEZ/GETTY IMAGES

**football player part, but what exactly does a mathematician do?**

Being a mathematician, in essence, is just applying mathematics to the world we live in. And that's it ... It doesn't have to be in academia. It can be in government, working for the NSA; it can be in the private sector, such as with a com-



**I always had this desire to understand the unknown, and math—man — it was this beautiful thing.**

John Urschel

pany like Persado, which has mathematicians.

I believe that the 21st century is the century of

the mathematician. **So, does math make you a better football player? Is there a connection between math and football?** Mainly the competitiveness. That strong competitive drive — “I’m going to beat you” — is the same when it comes to tackling a math problem — like, “I am going to solve this and

get at this and be victorious.”

Beyond that, the better you are at thinking quickly and efficiently, the better of a football player you’re going to be.

**You’re involved with lots of STEM and education initiatives. Why is it so important for kids to get into math?**

No matter what job you get into — whether it’s writing, working at a PR firm or playing professional football — mathematics will serve you well.

You will face problems throughout your life — problems that the great majority of the time you have never faced before. And all of a sudden, you’ll need to take your experiences, the skills you have learned, and the tools you have acquired and somehow apply them to this new thing.

**Your careers are so different and both are challenging — how do you balance them?**

I have this terrible balance in my life. The problem is I love football and I do football, and I love math and I do math.

But then I don’t want to do anything else, and I don’t do anything else ... But I like my life, so I guess it’s not that bad!

## APP REVIEWS KRIS ABEL'S DIGITAL PICKS FOR THE WEEK



## GAME

### Batman: Arkham Knight

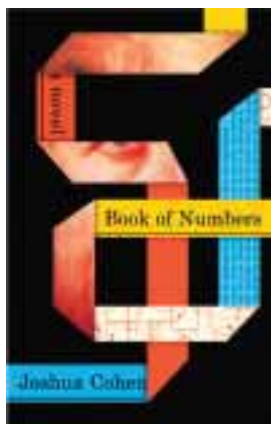
• PS4/Xbox One  
• **Rated:** Mature 17+  
Gotham leaves it to you to choose which emergencies to respond to and which villains to chase. Some tasks are made clunky by a first-person tankmobile, while others are a delight thanks to old, scene-chewing villains.



## APP

### GranText Auto

• iPhone  
• Free  
Distracted by her emoji phone, Grandma needs your help to drive. You must tilt your phone to steer and type out her texts to the Golden Girls theme song. As in real life, it's hard to do both and car crashes are inevitable.



## EBOOKS

### Book of Numbers

By Joshua Cohen  
• Kindle/iBooks/Kobo  
In profiling the founder of a fictional Google, Cohen wrestles with a manic tech addiction, meaning he uses a lot of web jargon. It's done with humour and craft, but says more about personal disorders than how our lives are made colder in a digital age.

## TECHNOLOGY

## Silicon Valley hacks the food industry

A wave of Silicon Valley-style disruption is hitting the food industry.

Lab-grown meat, vegan cheese and “animal free” milk and eggs are headed for consumers, often with backing from the tech sector and its financial allies.

These products could fill an important need while reducing environmental problems such as energy and land use for traditional food industries, according to backers.

This new group of startups is essentially hacking the food sector with new ideas and technologies involving food and with strong ties to Silicon Valley.

Some are using plant protein to substitute for animal products while others are producing foods biologically through so-called “cellular agriculture.”

At least \$138 million in investment poured into the segment of “sustainable protein” startups in 2014, according to the research firm AgFunder. Another research firm, CB Insights, calculates at least \$221 million invested in the sector



Soylent CEO Rob Rhinehart holds a bag of the meal replacement powder in a California warehouse. JOSH EDELSON/AFP

over the past 18 months.

More deals appear to be cooking, with participation from major Silicon Valley players.

### Bioengineering food

“I think this new industry will be disruptive,” said Isha Datar, executive director of the nonprofit group New Harvest, which promotes cellular agriculture, or the use of stem or other cells to produce replicas of animal products.

The tech sector is spear-

heading this effort, Datar says, with most of the traditional food industry stuck in “a deeply ingrained system that makes it less amenable to change.”

Brooklyn-based startup Modern Meadow is developing an edible cultured meat prototype along with bioengineered leather products, which do not require animal slaughter.

Among the prominent investors in this sector is Microsoft founder Bill Gates, who sees the industry as helping fight against a key environmental challenge.

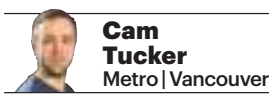
AFF



# Lloyd unleashed on Japan

WOMEN'S WORLD CUP

Captain scores hat trick to seal American championship



Mere moments after the 2015 FIFA Women's World Cup final got underway, it was already over.

The anticipation of what had been shaping up to be a great championship contest between Japan and the U.S. — a rematch of the final four years ago — was quickly replaced with shock. The Americans started the match on the front foot. They were soon running downhill before anyone, including the Japanese, really knew what was happening.

They wouldn't be stopped. The U.S. took the FIFA Women's World Cup with a 5-2 win over Japan before 53,341 fans on Sunday at BC Place Stadium.

Three minutes in, the U.S. struck on a goal from Carli Lloyd.

On a corner kick, Lloyd snuck into the middle of the box and placed the ball out of the reach of goalkeeper Ayumi Kaihori. It was red, white and blue insanity.

Fans from different parts of the U.S. travelled to Vancouver for the tournament and this match.

They loved what they were



Carli Lloyd is swarmed by her American teammates after scoring one of her three first-half goals in the Women's World Cup final against Japan on Sunday in Vancouver. FRANK FIFE/AFP/GETTY IMAGES



seeing. One goal suddenly turned into four for the Americans. They built a four-goal lead

before the match was even 17 minutes old. Lloyd had the hat trick. Victory looked safe and secure, with the U.S. in complete control and Japan in complete disarray.

Lloyd's third goal was the perfect example of just how far off the rails things had come for the Japanese. She caught Kaihori well out of her goal and beat the Japanese keeper with

a shot from midfield.

Prior to Sunday's final, the U.S. and goalkeeper Hope Solo had gone through the tournament without having allowed a goal since their first game in the group stage. That was on June 8.

Down by four and needing something positive, Japan managed to get on the board.

Yuki Ogimi scored on shot that beat a diving Solo, cutting

the U.S. lead to three.

Japan narrowed the deficit to two goals. U.S. defender Julie Johnston inadvertently headed the ball into her own net in the 52nd minute.

But only two minutes later, the U.S. restored its three-goal lead on a goal from Tobin Heath to put the finishing touches on the third World Cup victory for the Americans.

## GOLDEYES Home woes continue for Fish

The Winnipeg Goldeyes just can't find any continuity of success at home this season.

The Fish (17-24) have now dropped all six series they've played at Shaw Park this year, and Sunday's finale against the Ottawa Champions was a heart-breaker with Winnipeg falling 9-7 after completing Saturday night's rainout with a 4-3 win.

Severe thunderstorms the previous night forced the clubs to finish Game 2 before a seven-inning Game 3 on Sunday. Trailing 3-2 as the game resumed in the bottom of the fifth, Winnipeg rallied off the bat of Adam Heisler who tied the game with a solo-homer in the seventh and then drove in the winning run in the eighth.

With the Fish scoring runs in the first four innings of the rubber match, things appeared to be well in hand when Ottawa's Jon Talley belted a three-run homer to make it 6-4 Winnipeg, chasing Goldeyes starter Coby Cowgill from the game.

Ottawa took the lead for good with four runs in the sixth as the Fish ran through three pitchers.

The Goldeyes travel to Fargo-Moorhead this week to take on the fledgling RedHawks (12-30) before returning home for eight games, beginning Friday with four against the league-leading St. Paul Saints.

DARRIN BAUMING/FOR METRO



Argonauts quarterback Trevor Harris drops back to survey the field against the Roughriders in Regina on Sunday.

MARK TAYLOR/THE CANADIAN PRESS

## CFL Harris steers Argos to double-OT win

The legend of Trevor Harris continues to grow.

The Argonauts quarterback led his team on a last-minute touchdown drive to send the game into overtime and then threw two touchdown passes in extra time to lead Toronto to a 42-40 double-overtime victory over the host Saskatchewan Roughriders on Sunday. Harris, in his third game as starter for the injured Ricky Ray, led Toronto (2-0) to a 26-11 upset over the Edmonton Eskimos in Week 1.

"I just want to be the best possible backup I can be," said Harris.

SUNDAY In Regina



ris, who went 30-for-38 with 267 yards and four touchdowns and one interception in the game. "Ricky Ray is one of the best quarterbacks ever in the CFL. My job is to steer the ship in the right direction when he's not available."

Saskatchewan led the game

28-21 with just over a minute left in the game. Harris led the Argonauts on a last-minute drive, capped off with a 16-yard touchdown pass to Chad Owens.

In a crazy overtime session filled with penalties and a few reviewed plays, Saskatchewan opened up the scoring on its first possession when Rob Bagg took the ball one yard into the end zone on an end around. Running back Jerome Messam was tackled in the backfield on the ensuing two-point conversion. The Argos stormed back with a nine-yard receiving touchdown

by running back Brandon Whitaker. They, too, failed their two-point conversion.

In the second overtime, Harris threw an 11-yard touchdown pass to Tori Gurley and then hooked up with running back Anthony Coombs on a three-yard strike for the two-point conversion to put Toronto up 42-34. Saskatchewan (0-2) had a chance to tie the game after QB Kevin Glenn connected with Chris Getzlaf for a 25-yard touchdown on the next drive, but Glenn just missed Getzlaf on the ensuing two-point convert.

THE CANADIAN PRESS





## Hamilton thrills home crowd

### Mercedes 1-2 again.

Lewis Hamilton seized back control of the British Grand Prix after being overtaken on the first corner to win his fifth race of the season on Sunday in Silverstone, England, and strengthen his Formula One title defence.

A Mercedes one-two was just as forecast, with Nico Rosberg completing a ninth consecutive double podium for them. Hamilton is the first back-to-back Silverstone winner since David Coulthard 15 years ago, thrilling the 140,000-strong home crowd at the central England circuit.

THE ASSOCIATED PRESS



GETTY IMAGES

### TOUR DE FRANCE

## Good early form for Froome, Contador

In ferocious winds and thunderous rain, Chris Froome and Alberto Contador managed to use the conditions to their advantage on the second stage of the Tour de France.

That gave them the early leg up on main rivals Vincenzo Nibali and Nairo Quintana.

While it's too soon for anyone to gain a decisive advantage in the race, British rider Froome and the Spaniard Contador are certainly on the front foot in what is widely touted as a four-way Tour battle.

They're more than a minute ahead of defending champion Nibali and Quintana after both rivals fell behind when the peloton split up in the heavy winds. Froome crossed the line in seventh place, one minute 28 seconds ahead of Nibali and Quintana, while Contador gained 1:24 on those two after placing 13th.

Langley, B.C., native Svein Tuft was five minutes 47 seconds off the pace in 101st place. Victoria's Ryder Hesjedal was 132nd. THE ASSOCIATED PRESS

### IN BRIEF

#### Shaman Ghost wins Plate

Shaman Ghost took the lead down the stretch to capture the 156th running of the \$1-million Queen's Plate on Sunday in Toronto.

Shaman Ghost finished ahead of Danish Dynaformer in a battle of the 3-1 co-favourites. The second-place finish was bitter-sweet for trainer Roger Attfield, who was looking for a record ninth Plate victory. Shaman Ghost won the 1 1/4-mile race in an unofficial time of 2:03.45 at Woodbine Race-track. THE CANADIAN PRESS

# Jays bounce back at Tigers

MLB

## Bautista and Smoak homer to snap 3-game losing streak

Turns out the Toronto Blue Jays got a break by facing Justin Verlander.

Jose Bautista and Justin Smoak homered in a six-run fifth inning against the 2011 AL Cy Young Award winner and MVP, leading the Toronto Blue Jays over the Detroit Tigers 10-5 Sunday.

Toronto stopped a three-game losing streak and won for just the second time in seven games.

"We definitely needed this one," Blue Jays manager John Gibbons said. "We've had to go against (Anibal) Sanchez and (David) Price the last two nights, and we've got (Chris) Sale tomorrow, so we needed a game where the offence could get things going."

Marco Estrada (6-4) improved to 5-1 in his last seven starts, allowing two runs and five hits in five innings. Roberto Osuna got four outs for his third save.

"It is always great to get a win, but today was even better because it is my birthday," said Estrada, who turned 32. "The guys got me a nice present by putting up 10 runs."

Verlander (0-2) gave up seven hits and two walks in five innings, striking out five. He needed 94 pitches to get 15 outs.



**We definitely needed this one**

Toronto Blue Jays manager John Gibbons



Blue Jays' Jose Bautista celebrates hitting a home run on Sunday in Detroit. GREGORY SHAMUS/GETTY IMAGES

### SUNDAY In Detroit



He now has a 6.75 ERA in four starts after missing the first several weeks of the season with a triceps injury.

"I was seeing reactions that I haven't seen for a while on my off-speed pitches, and that felt good," Verlander said. "It is a shame that I fell out of sync in the fifth, but this is only my fourth start. You have to keep that in mind."

Toronto went ahead after seven pitches when Jose Reyes led off with a bloop double and scored on Josh Donaldson's single. Verlander's error on an errant pickoff attempt allowing Donaldson to take third, but pitched out of the jam.

"I think that was huge for us," Donaldson said. "We got

the quick run, and then Marco and the defence kept putting up zeroes, so the momentum kept building. We knew it would break out eventually."

Verlander didn't allow another hit until the fifth, helped by a spectacular play by Jose Iglesias that ended the fourth. The shortstop ranged into the hole and threw to second for a forceout.

Danny Valencia walked leading off the fifth after being down 0-2 in the count, Kevin Pillar singled and Devon Travis hit an RBI double. Reyes' groundout made it 3-0 and moved Travis to third, and Donaldson singled through a drawn-in infield. Bautista followed with a two-run homer over the Tigers bullpen in left and, four pitches later, Smoak homered to right for a 7-0 lead.

"There are two ways you can look at this," Verlander said. "You can look at the fifth inning and think negatively, or you can look at the rest of it and think positively." THE ASSOCIATED PRESS

### ATHLETICS

## Hurdler Warner ties Canadian record

Damian Warner tied a Canadian record on Saturday at the Canadian track and field championships in Edmonton.

The London, Ont., native won the men's 110-metre hurdles in 13.27 seconds to tie Mark McKoy's record set in 1985. Johnathan Cabral was second at 13.37 and Sekou Kaba third at 13.43. Saskatoon's Brianne Theisen-Eaton edged out the competition in the women's 100 hurdles. She finished the race in 13.06, just ahead of Phylicia

George and Nikkita Holder.

Thomas Riva of Qualicum Beach, B.C. captured the men's 1,500 race in four minutes 6.16 seconds. Winnipeg's Nicole Si-fuentes took the women's event in 4:20.29. Toronto's Philip Osei won the men's 400 dash in 46.59, finishing ahead of Joshua Cunningham and Daniel Harper.

Rachel Seaman of Kapuskasing, Ont., won the women's 10,000 race walk with Evan Dunfee of Richmond, B.C., taking the men's title. THE CANADIAN PRESS



## RECIPE Grilled Salmon over Avocado, Watermelon, and Mango Salsa



### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

@rosereisman



- 1 tsp minced garlic
- 1 tsp minced jalapeno pepper
- 1 tsp grated lemon zest
- Salt and pepper

### Directions

1. Preheat grill or oven to 425 F. Cook salmon for 10 minutes per inch of thickness.
2. Meanwhile, add remaining ingredients to a bowl and mix well. Place on serving platter with fish over top.

### Nutrition per serving

- Calories 350
- Carbohydrates 15g
- Fibre 2g
- Protein 35g
- Fat 17g
- Saturated Fat 2.5g
- Cholesterol 95mg
- Sodium 80mg

PHOTO: ROSE REISMAN

Watermelon, mango and avocado match the rich flavour of salmon. Recipe serves 4.

### Ready in

Prep time: 15 minutes  
Cook time: 10 minutes

### Ingredients

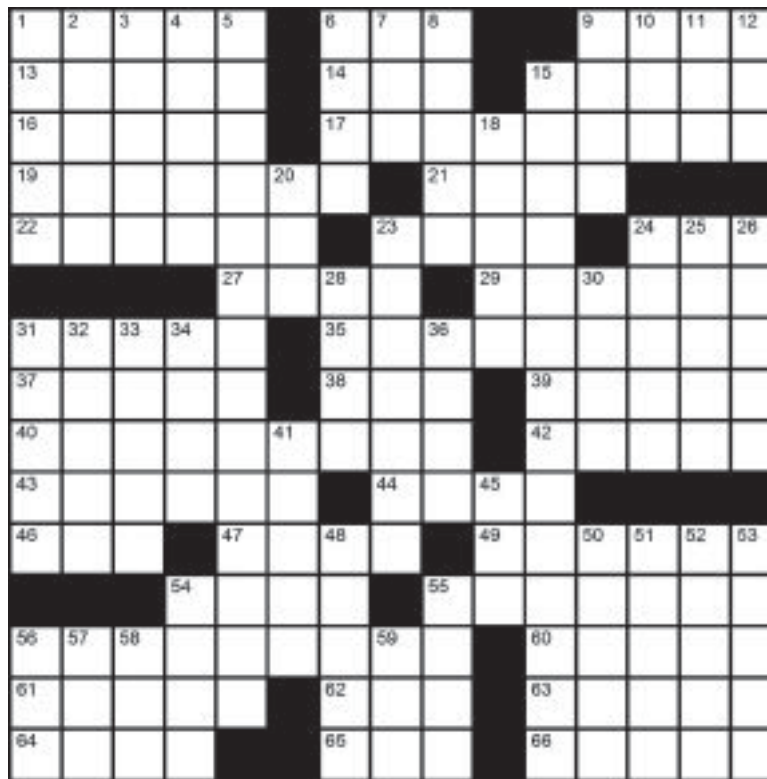
- 1 1/2 lb salmon fillet
- 2 cups diced watermelon
- 3/4 cup diced cucumber
- 3/4 cup diced mango
- 1/2 cup diced avocado
- 1/4 cup diced red onion
- 3 Tbsp chopped basil
- 2 Tbsp lemon juice
- 1 Tbsp olive oil

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Yes-meaning sign, \_\_\_ approval
6. Image file type
9. Sudsy stuff
13. Provide with weapons
14. Grand \_\_\_ (Wine classification)
15. Prod
16. Equally in the distance: 2 wds.
17. Shirt pocket for some: 2 wds.
19. Dancer's garb
21. Wise adviser
22. War horses
23. A-list Brad
24. The Go-\_\_\_ (1980s band)
27. I, to Socrates
29. Shot
31. 'River Horse', commonly
35. Separate the names of a song-writing team
37. Botanical casings
38. Nutritional suggested amount [acronym]
39. Was using oars
40. Workout wear
42. Mean
43. Mints brand: 2 wds.
44. Clarinetist's prop
46. Compass point
47. Wrongdoing, in law
49. Big name in motorcycles
54. "My king."
55. Deer, to a carnivore
56. Perform a song like a barber-



- shop quartet
60. Mr. Eastwood
61. Silk-like fabric
62. \_\_\_stick frying pan
63. Respected person in the community
64. Retro flooring choice, \_\_\_ carpet
65. Adjust

66. "Touched by an Angel" star Della

### DOWN

1. "Hud" (1963) Oscar-winning actress Patricia, and surnamesakes
2. Commence-

- ment
3. Movie star Willem
4. Give a stately speech
5. Listeners might have their dials tuned into one: 3 wds.
6. Commissioner Gordon's force in com-

- ics [acronym]
7. Enraged emotion
8. Mushrooms, as examples
9. U.S.S. Enterprise navigator
10. Strange
11. Candle-blower's number

12. 'P' in MPH
15. Canadian race-horse, winner in 1964 of both the Kentucky Derby and Preakness Stakes: 2 wds.
18. Chest for storing tableware
20. Record label The Bee Gees were on
23. Prospector's lucrative discovery: 2 wds.
24. Eats away at
25. Eight-member music ensemble
26. Shabby
28. Drive-\_\_\_ restaurant
30. Old World buffalo
31. Hurriedness
32. Rich Man, Poor Man novelist Mr. Shaw
33. Fragment
34. Dish of the day, \_\_\_ du jour
36. Hors d'oeuvre spread
41. Contempt
45. Storm's centre
48. Horseback rider's straps
50. \_\_\_-feuille (Type of French pastry)
51. Record's spot for the hit
52. Sharpens skills
53. Cavern
54. Urban haze
55. Let off steam
56. Clock's li'l time segments
57. "Won-der-full"
58. Rug of Scandinavia
59. Ms. Saldana of "Avatar" (2009)

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Someone in a position of authority will ask you to do something for them and you will say yes. But don't sell yourself cheap. A job done well is a job worth getting paid the going rate for.

**Taurus** April 21 - May 21  
This is the ideal time to throw out all the emotional junk you have acquired during the first half of the year. Today's Sun-Pluto link will encourage you to be ruthless with yourself.

**Gemini** May 22 - June 21  
This is going to be a busy week and the less you try to do the more work will land in your lap. At some stage, for the sake of your health, you will have to call a halt. Not even a livewire Gemini can do it all.

**Cancer** June 22 - July 23  
You may be tempted to give up on something that is proving more difficult than you expected but you must stick with it a while longer. Keep plugging away a few more days.

**Leo** July 24 - Aug. 23  
Don't take it to heart if someone seems to be avoiding you. The fact is you have been giving off some rather heavy vibrations of late and they find you a bit scary. Take it as a hint that you need to be a lot more laidback.

**Virgo** Aug. 24 - Sept. 23  
What changes over the next few days has been in the pipeline for quite some time and chances are you will welcome it. Yes, it may be disruptive but on this occasion disruption is better than the status quo. Move with the times.

**Libra** Sept. 24 - Oct. 23  
There is an urgency about you at the moment, no doubt due to the influence of Pluto. You know if you pass up an opportunity to better yourself it will be a very long time, if ever, before it comes round again.

**Scorpio** Oct. 24 - Nov. 22  
Sudden changes may not be entirely welcome but neither are they to be feared, so accept and work with them. Nothing lasts forever, so go with the flow and enjoy where fate takes you.

**Sagittarius** Nov. 23 - Dec. 21  
Something dramatic is likely to happen over the next 24 hours. However, if you keep your wits about you and react quickly while everyone else is dithering you could make some serious money.

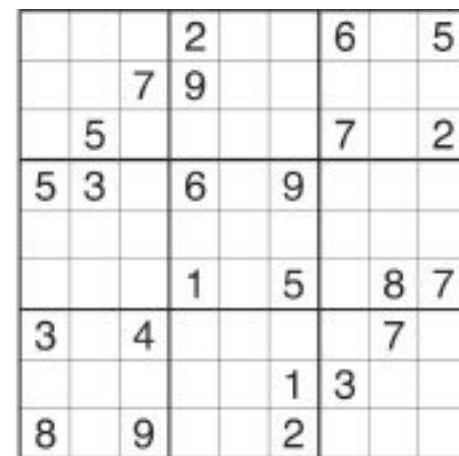
**Capricorn** Dec. 22 - Jan. 20  
The more you try to force events to move in one direction today the more likely it is they will move in the opposite direction. Look on the bright side: the less you resist the more you will achieve.

**Aquarius** Jan. 21 - Feb. 19  
No matter how persuasive and no matter how logical your arguments may be, almost certainly friends and colleagues will oppose what you want to do today. But you should do it anyway.

**Pisces** Feb. 20 - March 20  
What takes place today may not be to your liking but later in the month you will be glad you were forced to make certain changes. You must slow down for a while.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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